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Project hopes to turn the corner on Merchants

Notorious hotel could become community beacon of hope instead of hotspot of violence

While the building may be in sound shape, it's still one of the most unsafe spots on Selkirk Avenue.

For years the Merchants Hotel, which holds a beer store, beverage room and several hotel rooms, has made headlines as violent incident after violent incident happens outside its doors. Over the years, it's been the scene of numerous muggings, fights, stabbings and the occasional homicide.

Now a group of community leaders, backed by the City and the University of Winnipeg, wants to see it become a community hub and educational centre.

Dudley Thompson of Prairie Architects laid out some of the possibilities to the gathered crowd, including a recreation room, a retail component, holistic or wellness centre, permanent residential areas and new uses for the surrounding grounds, including green space.

The first step is to buy the property, located at the corner of Selkirk Avenue and Andrews Street, and the surrounding lots. An agreement is in place, said U of W president Lloyd Axworthy, that will see ownership transferred to a community coalition in April of 2012.

In the meantime, a permanent plan for the place will be developed while consulting with area residents about what they'd like to see.

Coun. Ross Eadie, representing the Selkirk BIZ, said the BIZ has been concerned about the level of violence the corner seems to attract.

"Hopefully we can find a retail component that works," said Eadie, adding the goal wasnt to get rid of the liquor store or the business, but to transform it into a healthier, safer residential-area business.

Partners in the project include the Urban Circle Training Centre Inc., the Andrews Street Family Centre, Ma Mawi Wi Chi Itata Centre and the Ndinawemaaganag Endaawaad Inc. ELISHA DACEY

ELISHA DACEY/METRO

▶ Mayor Sam Katz, left, listens as Dudley Thompson of Prairie Architects talks about some possible uses for the site.

Renovate Your Body

ren-o-vate [ren-uh-veyt] verb
1. to restore to good condition; make new or as if new again; repair.
2. to revive or refresh (one's spirits, health, etc.)
www.taoist.org [from Latin renovāre, from re- + novāre to make new, from novus new]

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keeps getting better.

Sign. Of the times

▶ Armand Renz drives the finishing bolts into the new sign outside the Jets Gear store at the MTS Centre yesterday. Today, the Winnipeg Jets take to home ice for the first pre-season game of the 2011-12 season against the Columbus Blue Jackets. Sales appeared brisk at the store despite the activity out front.

JAMES TURNER/METRO

Jets fans gear up for pre-season opener tonight

New feature has Metro in stitches — literally

Sharp-eyed readers caught it yesterday — Metro Winnipeg now has a staple in the middle.

It's a small change, but it's one that will help to cut down on clutter on Winnipeg streets, said publisher Steve Shrout.

"No matter how careful we are, sometimes newspaper pages do get away from us, especially on a windy day at Portage and Main," Shrout said.

"We understand the value of keeping our streets clean, which is why we've partnered with the Downtown BIZ as part of the BIZ Metro Enviro Team. This is just the next step."

Metro Winnipeg is the only major daily newspaper in the province that literally keeps the paper in stitches. It follows the example of other Metro editions across Canada, including those in Vancouver, Edmonton, Calgary, London, Toronto, Ottawa and Halifax.

Metro Winnipeg also encourages readers to share and recycle their newspapers to cut down on waste.

METRO

Inquiry to proceed without censoring

The province is backing off attempts to soften the language used in its own inquiry into the murder of a five-year-old girl.

Government lawyers had wanted to prevent the inquiry from using the term "misconduct" when referring to social workers in the Phoenix Sinclair case.

Phoenix was killed in 2005 by her mother, Samantha Kematch, and stepfather, Karl McKay. She was a ward of the province for much of her life and an inquiry into her death is getting underway.

At a hearing in the summer, the province had said it would be filing a motion to soften the language so as not to deter potential witnesses. But the motion was never filed. THE CANADIAN PRESS

1 news

New research points to a frightening link between child-abuse rates and economic turmoil in the U.S. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

As the European banking system goes, so goes the stock market — and there's now reason to think good thoughts about Europe. Allan Small has more at metronews.ca

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News in brief

IKEA forces road closure

TRANSPORT. Work on the IKEA site in south Winnipeg has forced part of Shaftesbury Boulevard to close for five weeks.

City officials say starting today the northbound lanes of Shaftesbury between McCreary Road and West Taylor Boulevard will be shut down.

Motorists are asked to use alternate routes such as Kenaston Boulevard.

Transit service to the Shaftesbury Park Retirement Residence will not be affected.

METRO

Mystery assault

CRIME. Police are renewing a plea for information about a vicious attack on a woman in the West End earlier this month.

The 26-year-old victim was found beaten and possibly sexually assaulted between two buildings in the 500 block of Sherburn Street on Sept. 3.

Police said the victim suffered "extensive" injuries and is having difficulty remembering what happened.

Anyone with information is asked to call the sex crimes unit at 986-6245 or Crime Stoppers at 786-TIPS (8477).

METRO

Dogs for sale at city shelters

MAN'S BEST FRIEND. Winnipeg's shelters are full to the brim, so the city is holding a dog sale.

Starting today, Animal Services Agency will be offering dogs for $99, which will include a licence, microchip, spaying/neutering, shots, food and pet health insurance.

The two-day sale ends at 5:30 p.m. tomorrow.

For more information and to view photos of the dogs, visit winnipeg.ca/animalservices.

METRO

Gloves off in debate

Most of the testy exchanges occurred when Tory Leader McFadyen and NDP Premier Selinger tried to accuse each other of being soft on crime

DAVID LIPINOWSKI/THE CANADIAN PRESS

▶ Tory leader Hugh McFadyen.

Manitoba's three main party leaders frequently interrupted each other in a two-hour radio debate that, despite all the heated exchanges, might leave voters wondering where the parties differ.

Incumbent NDP Premier Greg Selinger, Progressive Conservative Leader Hugh McFadyen and Liberal Leader Jon Gerrard all promised to hire more police officers, unclog the court system and address poverty and other root causes of crime during the live broadcast yesterday on radio station CJOB.

"We are the violent-crime capital of Canada. It is a disgrace," said Gerrard, who accused the New Democrats of failing to keep children in school and off the streets.

At one point, Selinger praised his government for supporting a new federal law that reduces the amount of credit that accused criminals can receive for time served while waiting for a trial. He accused McFadyen of not supporting the federal law.

"I did support it," McFadyen said.

"After we had taken the initiative," Selinger replied.

"Your falsehoods have gone one step too far," McFadyen fired back.

"Your falsehoods will be playing in commercials during the break," Selinger responded, referring to Tory campaign ads that accuse the government of letting criminals run free.

McFadyen was the first in the campaign for the Oct. 4 election to promise to expand the use of ankle bracelets to monitor criminals. Currently, only chronic car thieves are required to wear them

He said a Tory government would also require sex offenders to wear the machinery. The next day, Selinger promised to have people convicted of other crimes such as domestic abuse wear them as well.

Even in health care, the parties have made promises that sound similar. Plans to hire more nurses and doctors feature prominently in all three party platforms. THE CANADIAN PRESS

Downtown area still safe: Police

JAMES TURNER
@METRONEWS.CA

Despite a double shooting in the heart of downtown early yesterday, there's no reason people should steer clear of the area, Winnipeg police say.

Bullets hit a 28-year-old man and a 30-year-old woman as they walked with a small group of people south down Carlton Street near Portage Avenue at about 2:30 a.m., police said. Both suffered lower-body injuries and remain in hospital in stable condition.

While investigators worked through the morning to gather evidence — and probed whether the shots may have been fired from a car — there was no information available on a possible motive for the shooting, said Const. Jason Michalyshen.

"We have no reason to believe these individuals would have been targeted," he said, adding neither the man nor the woman have had much, if any, contact with police in the past and are being cooperative with officers.

Michalyshen acknowledged the incident was serious, but said it shouldn't tar the area as a dangerous place for people to be. "It's not a common thing in that particular area," he said.

People should be mindful of their safety, Michalyshen said, "but certainly we don't want people to become paranoid as a result of this one particular incident."

ELISHA DACEY/METRO WINNIPEG

▶ Evidence markers on Carlton Street yesterday morning.

Spark. To a flame

▶ Firefighters attend to a fire that started either in or near a garage in the 500 block of Jessie Avenue yesterday.

SHANNON VAN RAES/METRO

Fire spreads to power lines

Police said the fire began at about 3 p.m. and spread to nearby power lines. A spokesperson for Manitoba Hydro said there were no immediate power problems, and there were no immediate reports of injuries. No other information was available by press deadline.

U.S. allows gay recruits

Leaders say repealing policy was long overdue Gay-rights groups planning to celebrate lifting of ban

The military says it's ready for the lifting today of a ban on gays serving openly, while supporters applaud the historic change as a victory for equal rights.

Last week, the Pentagon said 97 per cent of the military has undergone training in the new law. Defence Secretary Leon Panetta, Joint Chiefs chairman Adm. Mike Mullen, and President Barack Obama have all certified that allowing openly gay service members will not undermine the effectiveness of the military or its recruiting.

THE ASSOCIATED PRESS

Ban lifted

- The ban will end at one minute after midnight. At that time, revised Defence Department regulations will take effect, to reflect the new law that will allow gays to serve openly.
- Lifting the ban will mean a halt to all pending investigations that were begun under the "don't ask, don't tell" law.
- Existing standards of personal conduct, such as those pertaining to public displays of affection, will continue regardless of sexual orientation.

Japan. Demonstration

▶ Protesters in costume perform during an anti-nuclear demonstration in Tokyo yesterday.

KOJI SASAHARA/THE ASSOCIATED PRESS

No to nuclear power

Chanting "Sayonara nuclear power" and waving banners, tens of thousands of people marched in central Tokyo yesterday, calling on Japan's government to abandon atomic energy in the wake of the Fukushima nuclear accident.

Dozens of people shot dead in pub

Armed men from Congo burst into a pub in the central African nation of Burundi and killed 36 people, an official said yesterday.

Burundi, a tiny nation still reeling from a civil war that killed more than 250,000 people, is awash in weapons, but attacks like the one Sunday night are rare. Still, the region borders eastern Congo, which is wracked by violence from a myriad of rebel groups.

Congolese officials were "astonished'' by reports that the attackers were believed to be from his country.

THE ASSOCIATED PRESS

Background

- For the past year, there have been reports that the extremist Burundian Hutu rebel group is operating in eastern Congo and may be preparing for war in Burundi.

Children win cash, guns

$700 The amount awarded to the first-prize winner of a controversial contest. The winner also wins a gun.

An Islamist radio station in Somalia says it's awarding guns, bombs and books to three children in a Qur'an recital contest.

Andulus radio station is run by the al-Qaida-linked al-Shabab militia, which is battling Somalia's weak, UN-backed government.

THE ASSOCIATED PRESS

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Politicians unite to remember Jack

- Layton died of cancer last month
- Prime minister says NDP leader was a fighter until the end

ADRIAN WYLD/THE CANADIAN PRESS

▶ Olivia Chow, MP and widow of former NDP Leader Jack Layton, is applauded after delivering a tribute to her husband in the House of Commons yesterday.

Politicking and partisanship briefly evaporated in the House of Commons yesterday as MPs remembered Jack Layton's courage, optimism and kindness.

The bitterness that has become a hallmark of parliamentary debate in recent years was nowhere in evidence as the tributes rolled out to waves of applause in the chamber where Layton often pleaded for greater civility.

Prime Minister Stephen Harper praised the late NDP leader as one who earned the affection and respect of his fellow MPs.

Harper spoke of friendships that can grow even between opponents.

"In the case of Jack Layton, I believe that all of us developed this affection inexorably," Harper said.

"His passion, his perseverance, his ability to be at once tough and cheerful would eventually win over even those who most strongly disagreed with him."

"His passion, his perseverance, his ability to be at once tough and cheerful would eventually win over even those who most strongly disagreed with him."
PRIME MINISTER STEPHEN HARPER

He said he and Layton rarely agreed, but they shared a love of country.

"In the heat of our debates, we too often forget that people of good will share the deepest motivations and the highest aspirations," he said. "We differ only on how we believe we should act on these in order to address the practical problems that lie before us."

Interim NDP Leader Nycole Turmel pledged to keep her party true to Layton's legacy.

"Day after day, he fought for the little guy," she said. "In Jack Layton's memory we carry on this work."

Bob Rae, the interim Liberal leader, had a catch in his voice as he remembered Layton.

"While Jack is gone and has passed away, the things that he stood for and the values that he had and the warmth and strength and quality of his personality will never die, will never disappear," Rae said.

He said Layton will not be forgotten.

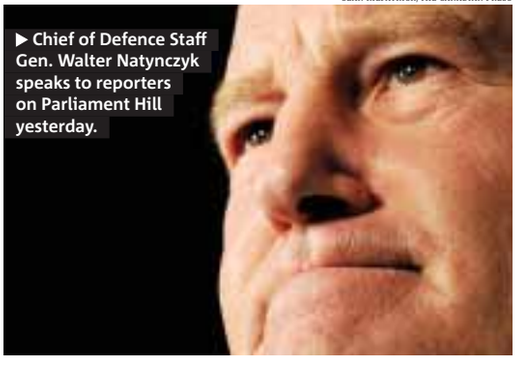
"As an adversary and as a friend we shall miss him."

Harper and Turmel also paid tribute to Olivia Chow, Layton's widow and herself a Toronto MP.

Chow thanked Harper for granting her husband a state funeral and for the "comfort and support" he and wife Laureen offered both privately and publicly. **THE CANADIAN PRESS**

Top soldier retreats from spending comments

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Chief of Defence Staff Gen. Walter Natynczyk speaks to reporters on Parliament Hill yesterday.

The country's top military commander has done an about-face, saying he'll consider reimbursing taxpayers the commercial cost of a 2010 Caribbean vacation flight aboard a government VIP jet.

Gen. Walt Natynczyk, the chief of defence staff, met with the prime minister and opposition critics yesterday amid a furor over his travel expenses.

He defended the use of the Challenger jet fleet and the January 2010 flight that allowed him meet his family for a vacation cruise in St. Maarten. The VIP jet was used after the general missed his charter flight because he'd elected to remain behind for the repatriation ceremony involving four soldiers and a journalist killed in Afghanistan.

On Sunday, Natynczyk said the trip was authorized by Defence Minister Peter MacKay and that he wouldn't repay the cost of the vacation flight.

"If the government, as the prime minister indicated, his office looks at the trip — and the interpretation the Treasury Board guidelines — is incorrect, then I will reimburse as required," he said yesterday.

"If I have to pay for the ticket, then I will do that."
THE CANADIAN PRESS

Under fire

- Passenger logs show Natynczyk and some members of his family flew to Toronto from Ottawa for a Maple Leafs hockey game in appreciation of the military, at a cost of $23,231.
- Additionally, the CTV report said nearly $400,000 was spent going to six NHL games over three years.

Children at heart of fight for Gatti fortune: Brother

Arturo Gatti's brother says he's fighting over the late boxer's estate because he wants his niece and nephew to get the money.

Fabrizio Gatti testified yesterday that he doesn't want any money for himself.

The Gatti clan and the boxer's widow are in a bitter dispute over who should get his $3.4-million fortune.
THE CANADIAN PRESS

Group can't bear driving

Conservationists want the Alberta government to clamp down on driving in backcountry. They say poaching has reduced the grizzly population to 700.
THE CANADIAN PRESS

HANDOUT/THE CANADIAN PRESS

▶ Do Alberta's backcountry roads encourage poaching of bears?

Family of slain student getting day in court

Nine years after Amanada Zhao's body was found in a suitcase near Stave Lake, ex-boyfriend Ang Li — who fled Canada before being charged by RCMP — is scheduled to stand trial for the 21-year-old international student's murder in a Beijing courtroom today.

Chinese authorities arrested Li and his cousin Han Zhang in 2009.
METRO

How far will $1.5 trillion go?

President Barack Obama's plan to cut U.S. deficit includes raising $1.5 trillion in tax increases ◆ That's worth the economies of Mexico and Australia combined ◆ Metro discovers just how much you can buy with this money

President Barack Obama called for $1.5 trillion US in new taxes yesterday, part of a 10-year deficit-reduction package totalling more than $3 trillion. He vowed to veto any deficit-reduction package that cuts benefits to Medicare recipients but does not raise taxes on the wealthy and big corporations.

The president's proposal would predominantly hit upper-income taxpayers but would also reduce spending in mandatory - benefit programs, including Medicare and Medicaid, by $580 billion. It also counts savings of $1 trillion over 10 years from the withdrawal of troops from Iraq and Afghanistan.

THE ASSOCIATED PRESS

Going the extra mile

- If you were to stack $1,000 bills, the height of the pile formed by $1.5 trillion would be 193 kilometres.
- $1.5 trillion in single-dollar bills would weigh about 1.7 million tonnes. If you stacked that sum in dollar coins, you could reach Mars.

Wipe Britain's slate clean

- If you were feeling a little generous, you could donate the entire amount to the United Kingdom and eradicate its national debt.

Luxury for all

- You could provide everybody in Los Angeles with two Lamborghini Gallardos, or give every man in the U.S. a Men's Presidential Rolex watch.
- You could send all U.S. citizens on an all-inclusive vacation to Tahiti or buy 1,500 Queen Mary 2 cruise ships.

For each person, an allowance ... and some pork

- Since America needs it, you could give away the $1.5 trillion by donating $5,000 to every man, woman and child.
- You could buy everyone on Earth an iPod.
- You could buy America's supply of bacon for the next 750 years.

LILLO MONTALTO MONELLA/ METRO WORLD NEWS
SOURCES: GLOBALRESEARCH.CA, COSMOLOAN

Market moment

PRICES AS OF 8 P.M. YESTERDAY

Dollar	Natural gas 1,000 cu ft
- 1.11¢ (101.04¢ US)	$3.801 (- 0.8¢)
Oil	**TSX**
- 2.26¢ US ($85.70 US)	- 101.72 (12,172.04)

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Offer ends November 30, 2011. Available to Bell Satellite TV residential customers in select dwellings with new account in Manitoba and Saskatchewan, where technology permits. Where applicable, monthly prices include a fee of 1.5% to fund Bell's contribution to the CRTC's Local Programming Improvement Fund (LPIF); see bell.ca/LPIF. LPIF will be itemized separately on your Bell invoice. Equipment and installation charges may apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** Available to new customers who subscribe to Bell Satellite TV Basic Package and to the Bell bundle. Promotional $28.42 regular monthly price: monthly rate $35 (subject to change), less $10.00 credit for months 1 to 12, plus $3 Digital Service Fee and a $0.42 LPIF fee for a total of $28.42. Monthly rate after 12 months is $38.57. TSN is a trademark of the Sports Network Inc. NHL and NHL team marks are the property of the NHL and its teams. © NHL 2011. All Rights Reserved.

UGGS, CROCS, YOGA PANTS AND NOW ... LEGGINGS

SHE SAYS ...

JESSICA NAPIER
METRO

Last week, MSN Travel released their top 10 list of the world's worst-dressed cities. Anyone familiar with international travel won't be surprised to learn that eight out of the 10 cities listed are in North America; two of those offenders are Canadian.

Ottawa, you're forgiven for your eighth-place ranking — as home to sensible-suit-clad politicians you've got more serious things to worry about than leopard print versus polka dots for fall.

Vancouver, on the other hand, rightly earns its spot in third-place for its yoga-pant epidemic. Those ubiquitous stretchy black pants seem permanently affixed to every woman (and most of the men) living in the Lower Mainland, regardless of whether or not they have plans to do Ashtanga.

"While they do resemble a trouser, leggings are never an acceptable substitute for proper leg wear unless you're a superhero or a cat burglar."

But here's the thing, yoga pants aren't really all that bad. Yes, wearing them as outwear when you're not en route to the gym reeks of laziness and an "I've given up" attitude, but at least they're functional as athletic wear.

Canada's biggest fashion faux pas is plaguing cities coast to coast. I'm talking of course about the yoga pant's ghastly cousin: leggings. Despite what you might want to believe, leggings, in all of their questionable incarnations (pleather, patterned, embellished), are not pants. Don't be fooled. While they do resemble a trouser, leggings are never an acceptable substitute for proper leg wear unless you're a superhero or a cat burglar.

I'm not going to lie, I've been there. For years I worshipped at the altar of American Apparel. I purchased those black cotton Spandex jersey standbys in bulk, ensuring that when one pair ripped — because they always did — there would be three more understudies waiting to step in. Oh how I loved those merciful waistbands, keeping me blissfully ignorant of my winter weight gain.

But then, in a luminous moment of clarity, I realized just how unforgiving these stretchy staples really are. I was kidding myself with my black-is-slimming mentality. They don't disguise anything; they cling in an entirely shameful manner to every lump and bump from your torso onward. And so I banished them to the back of the closet and embraced structured leg wear.

I'll admit, I still slip up from time to time — usually when I'm running late for a hungover brunch date and I can't face the suffocating reality of denim. But whenever I'm tempted to reintroduce them into my regular wardrobe rotation, I just remind myself Lindsay Lohan designed an entire collection around this fashion DON'T.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metro Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think Remembrance Day should be a statutory holiday, as it is in most other provinces?

Local tweets

- **@tracipee:** Maybe I should see a doctor about bruising. I don't think black bruises are healthy. #whatsthedeal
- **@ComplaintLine:** Dear Montreal: I love your abundance of proper lattés. #pretentious #coffee #snobbery
- **@chadtaylor77:** 1 sleep till 1st pre season!! 20 sleeps till 1st regular season game!! Can't wait to use my season tickets!! #GoJetsGo #Winnipeg #P7club
- **@billyplatt:** Hanging in Winnipeg. Walking to get some jets gear.
- **@Geekador:** I slept in my car all night! And I wasn't car jacked? What's up Winnipeg! #GoodGoodThings
- **@jrp0724:** lots of people ignoring the "riverwalk closed" signs to enjoy a stroll along the river today in downtown #winnipeg. Nice day for it.
- **@JustJonny5:** "Only Winnipeg fans (of the seven Canadian NHL markets) are being asked to pay extra for their hockey games that are on regional networks."

Letters

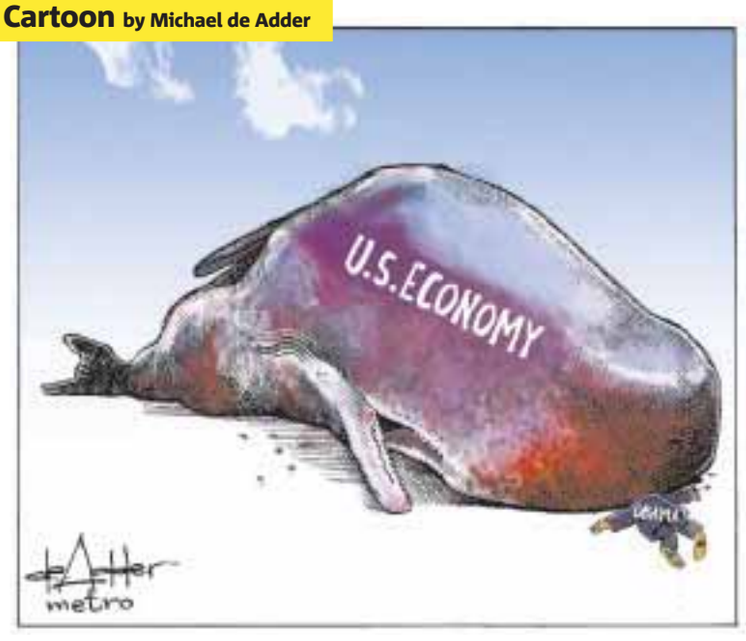
Re: Cities can't ban shark fins, report says, published Sept. 7.

In Canada, laws that ban hunting demonstrate Canada's motive of preserving and protecting wild animals.

Of course, we kill animals for food, but we do not kill to the point where we knowingly endanger the species. The Chinese community's claiming that banning shark fins will take away from their culture should not affect the decision-making process. By making sure that shark fins are banned, in the long run we can possibly save the sharks from becoming an endangered species. By allowing more time to pass, the shark species becomes closer to being part of endangered species. Chopping off the fin and letting the shark back into the ocean would allow bodily toxins to dissolve in water. This will also affect other marine life. There has to be a regulation that prevents the shark species from becoming a threatened species. Bylaws have to come into effect as soon as possible to help control this dilemma.

KUJAANY KANA
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Catch me if you can: Man disguised as pilot escapes

A man who disguised himself as an airline pilot tried to enter a restricted area of a New Zealand airport and then escaped after he was challenged.

New Zealand police say they are looking for a man who on Saturday entered the Auckland Airport dressed in a white shirt with epaulets on his shoulders and a dark cap with a silver winged badge.

He was also carrying a large briefcase.

According to the police, the man tried to get into a restricted "airside" area before being challenged by ground staff.

The man then escaped from the airport and jumped into the passenger seat of a black Toyota van and drove away.

The incident is reminiscent of the 2002 movie Catch Me If You Can, which recounts the true story of a young con artist who successfully poses as an airline pilot before being caught by the FBI.

THE ASSOCIATED PRESS

metro
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HANDOUT

▶ Cameron Crowe, left, directs Pearl Jame Twenty, which tells the story of Eddie Vedder and crew's success.

2 scene

For the love of music

Director Cameron Crowe indulges his passion for music and Eddie Vedder in Pearl Jam Twenty

NED EHRBAR
SCENE@METRONEWS.CA

Music has always played a major part in director Cameron Crowe's films, with 2000's Almost Famous being perhaps the most music-centric. So it was only a matter of time before he threw himself completely into a rock and roll documentary like he's done with Pearl Jam Twenty, about the iconic Seattle band. "Almost Famous was about loving music and being a fan, and Pearl Jam Twenty is about loving music and being a band," Crowe explains.

The film premieres tonight in cities around the world as a one-night cinematic event before starting week-long runs in select cities Friday and heading to DVD October 25. Accompanying the film is a comprehensive book by Jonathan Cohen with Mark Wilkerson and a two-disc soundtrack of live recordings and bootlegs hand-selected by Crowe.

Crowe, a longtime friend of the band, admits a lot of inspiration for the project came from Martin Scorsese's 2005 Bob Dylan documentary, No Direction Home, which also eschewed a traditional theatrical run. "I felt so satisfied and inspired by that movie that I wanted to listen to more Bob Dylan," Crowe says. "It felt like a Bob Dylan experience, and I thought that if we can make a movie the way a Pearl Jam record makes you feel, then we're in good shape."

The director, who managed to squeeze all the band members into his Seattle-set romantic comedy Singles back in 1992, insists this isn't your standard Behind the Music fare. "I've always felt that the story of Pearl Jam is a great story," Crowe says. "It's beyond just a rock story. In fact, it takes the usual rock story and turns it on its head. The usual rock story is incredible promise — brilliance, maybe. Tragedy cuts it short. And aren't we sad that we've lost this wonderful opportunity. Pearl Jam is exactly the opposite. It's a tragedy that was surmounted. And these guys found joy through survival, and studying what happened with rock before with some of their heroes."

For the band, while the amount of focus and introspection might be uncomfortable at first, they're more than happy with the finished product. "Maybe it's good that this movie kind of happened now. We've been in grateful mode and appreciation mode of each other for, I think, for quite some time," says lead singer Eddie Vedder. "It's a galvanizing kind of moment to look at each other. It doesn't happen that often. You look at all the crowd reaction, or the family that is the people that come to see the shows," Vedder says. "It's just music. It's just guitars and drums and bass. To have it turn into this other thing is kind of a monument. ... I don't mean to self-aggrandize, but it's really something to see it and witness it, and, in this case, be reminded of it and have it right there in front of us so that we can appreciate it even more. And know that we have a really strong base to, like, cover the next 20."

Screenings

- Pearl Jam Twenty screens tonight at select theatres across Canada.
- Visit filmswelike.com for locations and times.

Scene in brief

Stephen Colbert meeting Radiohead calls for an hour-long episode of The Colbert Report. The Comedy Central show will air its first hour-long episode Sept. 26, when Colbert sits down with the British rock group. Radiohead will perform four songs, featuring material off its most recent album, The King of Limbs.

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Scan this code or visit metronews.ca/scene to find out who claimed the Polaris Prize at last night's gala.

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Kunis gets hacked, romance revealed?

Rumours of Timberlake's manbits making an appearance persist

Justin Timberlake and Mila Kunis are shrugging off reports that Kunis' phone was hacked last week, leading to the discovery of several steamy photos of the Friends with Benefits stars, according to People magazine.

"At no time did Mr. Timberlake and Ms. Kunis exchange inappropriate texts or emails," a joint statement from their reps reads.

"The insistence that there is any inappropriate correspondence between the two parties is entirely false."

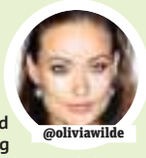
One of the alleged photos was said to be of Kunis in a bathtub, while another reportedly showed Timberlake with lingerie on his head. A third photo reportedly featured male genitalia.

"We would like to confirm that the photo addressed in the media of Ms. Kunis was in fact not from any phone but from an inactive email account that has not existed in three years," the statement reads. "In regards to the other photos in question, they were never exchanged between the two parties." METRO

ALL IMAGES GETTY

▶ Justin Timberlake and Mila Kunis

Celebrity tweets

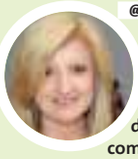

@oliviawilde
If I'm remembered for one thing in life, it may be my ability to start spontaneous dance parties. Kids under 5 always dominate. i love kenya

@SteveMartinToGo

I think @ConanObrien is just about to steal a joke I'm just about to think up. So, I'm going to retro-think it up after he tweets it.

@adriangrenier

I really want to tell you how amazing the airplane bfast was on @VirginAmerica but I'm afraid you'll think I was paid :/ though I wasn't!

@ariannahuff

Have to say, with 15 million jobless, didn't see it coming that GOP nomination would hinge on HPV vaccine.

John Mayer calls in sick

John Mayer has had to cancel several upcoming performances after being diagnosed with granuloma, an inflamed nodule near his vocal chords, he wrote on his Tumblr blog recently.

"The record will be released next year instead of this fall or winter," Mayer says of his upcoming album.

"This is a temporary set-back, though I'm not sure how long or short a period of time it will be. I've got the best doctors in the country looking after me and I will be singing and touring again as soon as I get the all clear.

Until then I'll be spending time writing and composing more music and kicking an empty soup can around the West Village." METRO

▶ Alec Baldwin

Alec clears up absence

Alec Baldwin bowing out of the Emmys Sunday had nothing to do with a tiff over Rupert Murdoch-related humour.

The actor had allegedly refused to take part in a comedy sketch for the awards show after a joke he planned to make about the News of the World phone-hacking scandal was nixed by the show's network, Fox.

But Baldwin, who attended Tony Bennett's birthday party in New York that night, insists that had nothing to do with it.

"I skipped the Emmys because of this — because I wanted to be here," he told People magazine. "The Emmys have been in August for the last several years, but they moved to this date and I'd already committed to this." METRO

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Hollywood's king of crazy calming down?

Maybe Charlie Sheen really is turning over a new leaf.

After a week of contrite and calm media appearances, the troubled actor took the Emmys stage to offer a mea culpa to his former co-workers.

"I want to take a moment to get something off my chest and say a few words to everybody here from Two and a Half Men," Sheen said while presenting the award for Outstanding Actor in a Comedy Series.

"From the bottom of my heart, I wish you nothing but the best for this upcoming season. We spent eight wonderful years together, and I know you will continue to make great television." METRO

▶ Charlie Sheen

A b-day reunion for Anthony and Lopez

For his 43rd birthday, Marc Anthony got a visit from soon-to-be ex-wife Jennifer Lopez, who visited Anthony at the Miami home they used to share this weekend, according to Us Weekly.

Lopez, on a break from filming What to Expect When You're Expecting, brought by the couple's three-year-old twins, Emme and Max.

When asked at a concert the night before if he and Lopez were remaining friends, Anthony responded, "Absolutely." METRO

▶ Marc Anthony

Pregnancy and the pain

Director of Motherisk program at Sick Kids preaches talking to your physician, not panic

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ One expert says everyday painkillers are getting a bum rap.

Can you safely take Advil while you are pregnant? Ask your doctor.

A new study from the University of Montreal has revealed a possible link between NSAID painkillers and miscarriage.

While this study is a useful reminder that women should be cautious about taking drugs in pregnancy, it certainly doesn't prove anything, says Dr. Gideon Koren, director of the Motherisk program at the Hospital for Sick Children in Toronto.

"It is a national sport in Canada to scare pregnant women, even through research which cannot prove the point," says Koren of the study.

"As a rule, Motherisk believes that in pregnancy women should not self-prescribe, but rather talk to their physicians on needs, benefits and risks."

Here's how the Montreal study worked: Using a Quebec registry of patients, researchers found 4,705 women who had had a miscarriage.

Each case was compared to 10 women in the registry who had not had a miscarriage.

They looked back over records to find out which women had been prescribed NSAIDs by a doctor. NSAIDs include celecoxib (Celebrex), rofecoxib (Vioxx), ibuprofen (Advil) and naproxen (Aleve). They found that women who received at least one prescription for NSAIDs were more than twice as likely to have a miscarriage than women who did not.

The study, which was published in the Canadian Medical Association Journal, did not ask women whether they actually took the drugs, and did not include information about women taking over-the-counter Advil and Aleve.

"The study from Montreal has, we believe, major methodological problems that do not allow drawing a conclusion," says Koren.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Not all fats are bad For optimum health, don't cut out all fats; you should eat healthy fats (meaning the monounsaturated/polyunsaturated) each day, according to Canada's Food Guide. But even some of those are better than others.

The following four foods are all good in that they are low in saturated fat and have zero cholesterol.

Here's what's in one tablespoon in terms of calories and fat:

- Olive oil 120 calories, 14 grams fat (2 grams saturated)
- Margarine (non-hydrogenated) 105 calories, 12 grams fat (2 grams saturated)
- Peanut butter 90 calories, 7 grams fat (1 gram saturated)
- Avocado 24 calories, 2 grams fat (1 gram saturated)

My pick as a spread is avocado, hands down When that midmorning hunger hits, there I am spreading a quarter of an avocado onto a piece of wholegrain toast or a few crackers.

A squeeze of lime gives it some zip, and this is a snack that sets you up until lunch time.

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3 life

Flu shot

As provinces get ready to roll out their annual flu shot programs, new research suggests vaccinating little kids could significantly reduce hospital visits during flu season. The study shows emergency department visits for flu-like complaints declined by 34 per cent.

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Lock up medications: More young kids getting inadvertently poisoned: study

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Kay's special take on deli eats

This family-owned delicatessen boasts unique offerings, many of which can be custom made for those with various food allergies Service is great

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

There's nothing special about Kay's Delicatessan…on the outside.

But for those in the know, this little gem in the Exchange District is the perfect spot for a healthy and tasty meal or an afternoon pick-me-up.

Kay's Delicatessen
339 William Ave.
949-0424
kaysdeliwinnipeg.wordpress.com
Social lunch: Yes
Price range: $3.75 - $7.50
Rating: 4 out of 5

PAY CHEN

▶ Mango, Spinach & Jicama Salad.

A family-owned business, Kay's Deli has plenty of charm on the inside. Smoothies and coffee make it an ideal place to grab and go. Unique twists on salads, sandwiches and wraps hit the spot for a casual lunch. Catering to various food allergies, most menu items can be made dairy and gluten-free.

Correction

In yesterday's Metro, Rose Reisman's Swap It identified a Starbucks Pumpkin Scone as having 78 g of fat instead of 78 g carbs.

Homemade soups are rotated through the menu with a vegan option always available.

A Triple-Decker Grilled Cheese Sandwich ($5.75) combines provolone and cheddar cheese with a hint of garlic puree. The Mango, Spinach & Jicama Salad ($7.50) is bright and colourful with carrots, beets, almonds and jicama for crunch.

The service is lovely and Kay's appears to be a favourite spot for those who know what's hidden inside.

THE CANADIAN PRESS H/O

Avgolemono Soup

Preparation:

1. In large saucepan over medium-high, melt butter. Add onion, carrots and garlic, sauté until onions and carrots are tender, 6 mins.
2. Add broth and bring to simmer. Add orzo and thyme, cook for 6 mins. or until orzo just tender but not mushy.
3. In medium bowl, whisk eggs and lemon juice. Ladle out 250 ml (1 cup) of broth and drizzle it into eggs while whisking. Remove saucepan from heat. While whisking broth and vegetables in saucepan, slowly pour in egg mixture. Whisk until smooth, then season with salt and black pepper.

THE ASSOCIATED PRESS

Ingredients:

- 15 ml (1 tbsp) butter
- 1 yellow onion, diced
- 250 ml (1 cup) shredded carrots
- 2 cloves garlic, finely minced
- 1 l (4 cups) chicken broth
- 50 ml (1/4 cup) orzo pasta
- 5 ml (1 tsp) finely chopped fresh thyme
- 3 eggs
- 45 ml (3 tbsp) lemon juice
- Salt and black pepper

Kick off soup season with fish chowder

This one-pot chowder originates in Chile Its bold flavours provide a welcome warmth for cool nights

THE CANADIAN PRESS/ USA RICE FEDERATION (GEOFF GEORGE)

▶ This recipe serves four.

As bold in colour as it is in taste, this one-pot fish chowder is packed with flavour. For a more authentic flavour, omit the turmeric and substitute with a pinch of saffron.

Preparation:

1. In a large Dutch oven or saucepan, heat oil over medium-high heat. Add onions and cook until tender, about 5 minutes. Add cumin, coriander, turmeric, salt and red pepper flakes; cook, stirring for 1 minute. Add rice and pumpkin or squash. Stir in broth and bay leaves, scraping any bits from the bottom of the pan. Cover and let simmer gently, stirring often for 20 minutes. Add fish and cook, covered, 10 minutes more, or until fish is opaque. Sprinkle with parsley.

THE CANADIAN PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 2 onions, chopped
- 5 ml (1 tsp) each ground cumin and coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) coarse salt
- 2 ml (1/2 tsp) red pepper flakes
- 125 ml (1/2 cup) long grain white rice
- 1 kg (2 lb) pumpkin or squash, peeled and diced
- 1 l (4 cups) fish or chicken broth
- 2 bay leaves
- 500 g (1 lb) skinless haddock or cod fillets, cut into chunks
- 50 ml (1/4 cup) chopped fresh parsley

THE RING HAS GOT TO GO

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Charles,
What is the etiquette of engagement rings? Our specific question is, since the groom left the bride BEFORE they got married, can she keep the ring? It's an incredible rock and he can easily afford it because he has lots of money. What to do?

ISTOCK

▶ Engagement rings are based on the promise of marriage.

Dear What to do,

I'm sorry to hear of this broken engagement. Matters of the heart are never easy. The honourable gesture is to return the ring.

Put the entire situation into a larger perspective.

The ring is based on the promise of marriage. Therefore when this promise doesn't happen, keeping the ring puts your bride in the wrong.

We wouldn't want the bride to appear opportunistic and thus greedy. And between us, I personally believe by returning the ring she will surround herself with good karma for the next great man in her life!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Sunsets can be a romantic event.

Ideas for your next date

1 Watch a sunset/rise together
Grab a blanket and some cocoa and snuggle up together to take in the most magical moments of each day.

2 Sweet dreams
Cosy up with your sweetie in your very own slumber party pour deux. Don't forget to play truth or dare — minus all the teenage-era awkwardness!

3 People watching play-by-play
Hunker down on your favourite park bench and provide a running commentary on the passersby: Guess who's on a first date, which guy's about to propose and who's taking a break from the kids!

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

Putting an end to processed meals

Teens can eat well with a fun and funny beginners cookbook that's full of advice

Young people who never learned to cook and who rely on take-out, prepared and processed food will find some pointers in the new edition of a book geared specifically for them.

Clueless in the Kitchen: A Cookbook for Teens by Evelyn Raab (Firefly Books. $14.95, paperback), promises novice cooks that they can eat well and have fun doing it.

"Young vegetarians did not understand that you just can't eliminate all the meat without finding some other alternative form of protein."
AUTHOR EVELYN RAAB

"It's pretty astonishing, really, knowing the generation before this one pretty much lost their ability to cook from scratch," says the Canadian author, referring to many parents who have relied on processed meals as a necessity rather than a pleasure.

However, Raab says many young Canadians appear to be interested in home cooking.

"But somehow being able to actually cook homemade dishes isn't automatic," she insists. "Someone has to tell them how to do that and how to start with the basics and have some successes, which empowers them to go out and try more things."

The book sets out to demystify shopping for food, cooking from scratch, reading recipes and how to decode abbreviations such as tsp (teaspoon) and other measures.

It also lists what cooking equipment is required, how to and where to store food and a hilarious chapter on basic kitchen sanitation — "a matter of life and death."

Raab encourages her young readers to not only shop at supermarkets, but also visit international grocery stores, bulk food stores and farmers' markets.

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SAVE FOR SCHOOL

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Look way past your family's immediate back-to-school costs of books, calculators and clothing. According to TD Bank, a small child today will be faced with approximately $80,000 in post-secondary education expenses.

Parents naturally want what's best for their kids, but the sheer price tag of education leaves them wondering how they're going to make it happen.

Rest assured; education is the most lucrative investment you can make in your child. According to the National Graduate's Survey, their long-term income earning ability is up to a million dollars greater than someone without post-secondary. Plus they'll benefit from more flexibility to pursue a career they're passionate about.

Planning ahead using the Registered Education Savings Plan (RESP) is the best way for families to save for a child's education.

The major benefits of the RESP are; first, money grows through the power of compounded returns; second, the growth is tax-deferred and; third, the government gives you free money toward the plan.

Start now. As soon as your child is born, or once you read this, open an RESP account for them. All you need is a Social Insurance Number for your child and a 30 minute appointment with your financial advisor.

A professional advisor will assist you in selecting the right investments for the RESP portfolio.

Contribute regularly. Every time you get paid, automatically contribute to the RESP that same day.

RESPs are the way forward

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Jack is only 3 ½ years old but he has a portfolio. With $1,600 in his RESP (Registered Education Savings Plan), he is starting down a lifelong path of saving and investing.

Since he's my grandson, my goal is to make sure that his nascent portfolio grows happily and safely until he heads off into the post-secondary world.

With some predicting that the cost of a four year degree will hit $100,000 by the time he is of university age, I'd rather he have a shot at higher learning without being encumbered by a debt that will haunt him well into his 30s.

His parents, Jeff and Claudia (my daughter), have all the usual challenges of young moms and dads from mortgages and car loans to saving for their retirement, not to mention all the wants that assail young homeowners from new carpeting to upgrading their kitchen. It's tough to find extra dollars for savings. Do they put those scarce funds in a TFSA (tax-free savings account), RRSP, RESP or devote the money to paying down debt?

Every situation is different, but in Jeff and Claudia's case, I'd rather a bit of money be devoted to Jack's RESP every month than to their RRSPs, if they have to make the choice.

And that's because education is a shorter-term obligation. Jack will be heading off to college or university decades before Jeff and Claudia retire.

While RRSPs provide a tax deduction, the CESG (Canada Education Savings Grant), tops up RESP contributions by 20 per cent on the first $2,500 contributed.

ISTOCK

▶ Alison's money rule: Free government money makes RESPs the best deal going for young families.

Higher income families will get a little less on the first $500 and lower income families more, but the average Canadian can count on that grant annually up to a maximum of $7,200 over the life of the plan.

Once the money is inside an RESP you have to decide what to do with it. I posed this question to Jack as he hammered the siding on my house with his new tools. He didn't have an answer. Jeff and Claudia don't have an answer either.

A bank advisor, eager to sell investment products, has already contacted them. Should they go with mutual funds? And if so, which of the 15,000 are their best bet?

Next week I'll tell you what I told them. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

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Leafs, Senators give new nets a test drive

Changes intended to help league's video room to make correct calls

FRANK GUNN/THE CANADIAN PRESS

▶ Maple Leaf Colby Armstrong is stopped by Senators goaltender Alex Auld during Toronto's 4-2 pre-season win last night.

The NHL is making some tweaks with the start of pre-season play.

Some of the initiatives from last month's research and development camp in Toronto made their way to the Air Canada Centre for last night's pre-season game between the Toronto Maple Leafs and Ottawa Senators.

Among the changes is a green verification line that runs three and a quarter inches behind the goal-line and shallower nets that feature thin mesh along the top and a clear plastic skirt along the bottom.

The proposed tweaks are intended to make it easier for the league's video room to make correct calls using instant replay. Some of them could be in use during the regular season.

"We want to get some good information so that we can take it to the board of governors and give them a good demonstration of what benefit it would be," said Mike Murphy, the NHL's senior vice-president of hockey operations. "That's what we're hoping tonight, that we can get some good footage of it in practical use. We can put this forward."

The board meets today and will likely vote on a proposal that includes the immediate introduction of the verification line and clear plastic skirting along the bottom of the goal, which gives referees a better view inside the net. Neither is considered an official rule change.

The verification line should be a major help during video review.

If a puck can be seen touching part of the green line during a replay it means that it is completely in the net. Depending on the angle, it has sometimes been difficult to tell if a puck has completely crossed the goal-line.

Nets that are four inches shallower will require an adjustment from goalies, but won't be implemented right away. In fact, the league currently only owns the two that were used last night.

The shallower nets are designed to give players more space to operate behind the goal, which could lead to an increased number of wraparound attempts while also opening up different passing angles in front. They were given a test run during the recent rookie tournament in Oshawa, Ont.

The NHL has run a research and development camp the last two summers and each of these ideas originated there.

THE CANADIAN PRESS

Danton comes to aid of convulsing teammate

Mike Danton played the hero in his opening game of the Swedish league.

The former NHL player, who served five years behind bars for a failed murder-for-hire plot, rushed to the aid of IFK Ore teammate Marcus Bengtsson, who was convulsing on the ice after a hard hit in Sunday's season-opener.

Danton, 30, was released from prison in 2009 and then played two seasons with the Saint Mary's Huskies in Canadian university hockey before signing this summer with third tier Swedish pro team IFK Ore.

"One of the luxuries of my prison experience afforded me to take a first aid course and become certified in first aid response," Danton wrote in his blog on the website of DT, a Swedish newspaper.

According to the blog, Bengtsson took a late hit with about 14 minutes left in the game against Soderhamn/Ljusne. He lay on the ice suffering convulsions for six or seven minutes.

"As his eyes continued to roll into the back of his head, his mouth finally opened a bit," wrote Danton. "It was at that time that I jammed my fingers into his mouth and clawed his tongue."

Danton wrote that Bengtsson was alert in hospital but had no memory of the incident.

THE CANADIAN PRESS

4 sports

Quoted

"That's foolish on our part medically to put time frame out there."

PHILADELPHIA EAGLES HEAD ATHLETIC TRAINER RICK BURKHOLDER, ON WHEN MICHAEL VICK MIGHT BE READY TO PLAY. VICK SUFFERED A CONCUSSION ON SUNDAY WHEN HE WAS SPUN AROUND BY A DEFENDER AND SLAMMED INTO RIGHT TACKLE TODD HERREMANS.

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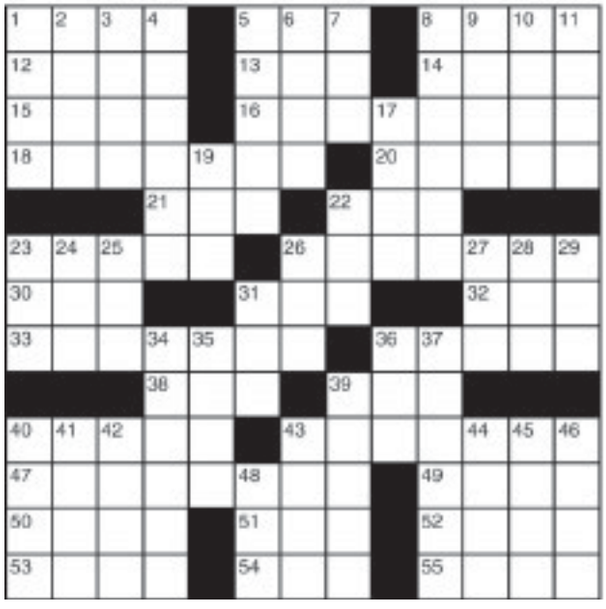
Crossword



Across

1 Padlocked fastener
5 Pigpen
8 Human heart, basically
12 Always
13 Before
14 Sandwich cookie
15 Note from the boss
16 Staff with robots?
18 Ape, e.g.
20 Pie-in-the-face sound
21 — de deux
22 Same (Pref.)
23 Verbalizes, Biblically
26 Weather conditions
30 White wine aperitif
31 Stir-fry pan
32 Trotted
33 Mosque leader's office
36 "The Silence of the —"
38 "— Impossible"
39 Help
40 Thingamajig (Var.)
43 Enliven
47 Quite close
49 "American —"
50 Gangster's subordinate
51 Dress in
52 Tiers
53 Hosiery woe
54 Suitable
55 Slave to crosswords?

Down

1 Rope fibre
2 State with conviction
3 Big truck
4 On time
5 Airplane furniture
6 Verifiable
7 Nevertheless
8 Cheerleader's prop
9 Caspian Sea feeder
10 Transcending (Pref.)
11 Versifier
17 Bone (Pref.)
19 Backrub response
22 Sort
23 Enjoy Aspen
24 Intention
25 Playwright Levin
26 Miler Sebastian
27 Branch
28 Bill
29 Type measures
31 Lbs., ozs., et al.
34 Acting out wordlessly
35 Teeny bit
36 Roman 52
37 Put on a pedestal
39 Regarding
40 Showbiz jobs
41 Part of the loop
42 Old portico
43 On
44 Commotions
45 It may be painted red
46 Otherwise
48 Oklahoma city

▶ Yesterday's answer

Sudoku

	1		2	9				
	3		5				9	7
		5	4			2		
						8	6	5
4				6				9
6	5	8						
		9			7	4		
1	8				2		5	
				8	9		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	3	1	6	9	2	8	5	4
4	2	5	7	1	8	3	6	9
9	8	6	4	3	5	7	1	2
5	7	9	3	2	1	4	8	6
1	6	8	9	4	7	2	3	5
2	4	3	5	8	6	1	9	7
8	9	4	2	5	3	6	7	1
6	1	2	8	7	9	5	4	3
3	5	7	1	6	4	9	2	8

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Sugarbear
Hey Babe, love you very much! Even with all thats going on right now I will always have your back because you have always had my back and I respect that so much! I don't know what I would do without you. Age, Race, none of that matters when you got someone thats real to you and loves you for you! Keep your head up baby, your all mine and always will be, can't wait to cuddle you again and see you smile! =) Never let anyone bring you down, your a star in my eyes! **FROM CANDYSWEETZ**

Lake
As a river I am in love with lake. Sometimes it takes longer to reach the shore, but it eventually does. So be patient and stay strong n keep your heads up. You are my one n only true love L. Take care. Smile pl.:):) **FROM RIVER**

A look at the weather

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

TODAY	WEDNESDAY	THURSDAY
Min 8° Max 13°	Min 4° Max 15°	Min 7° Max 20°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Stay positive, and great things will happen.

♉ Taurus April 21-May 21 You still have enough time to put the finishing touches to something of a creative nature.

♊ Gemini May 22-June 21 If you somehow get involved in a dispute between friends or relatives today you must be even-handed.

♋ Cancer June 22-July 22 Change is good and positive.

♌ Leo July 23-Aug.23 If you want something enough you will find a way to get it, but it may cost you more than you expected.

♍ Virgo Aug. 24- Sept. 22 You will always get another chance. Don't put pressure on yourself unnecessarily.

♎ Libra Sept. 23-Oct. 23 You are on the cusp of a wonderful new phase.

♏ Scorpio Oct. 24-Nov. 22 Focus on what you desire today and you might just get it.

♐ Sagittarius Nov. 23-Dec. 21 If you throw in the towel now you will regret it later when the omens turn in your favour.

♑ Capricorn Dec. 22-Jan. 20 Make use of the Sun's last days in helpful Virgo to finalize your plans. Then, when the Sun crosses the career angle of your chart on Friday, you can act with the confidence of knowing you will succeed.

♒ Aquarius Jan. 21-Feb. 18 Whatever kind of news you receive today, don't take it too seriously.

♓ Pisces Feb. 19-March 20. You need to make a decision about a partnership or relationship matter, and you need to make it soon.

SALLY BROMPTON

Caption contest

RICK BOWMER/THE ASSOCIATED PRESS

SETH PERLMAN/THE ASSOCIATED PRESS FILE

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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PILL WORLD
SMALL PORTIONS, BIG FLAVOUR ON THE MENU {page 7}

FUTURE GENETICS
PARENTS TO CREATE THEIR OWN SIDNEY CROSBY {page 3}

WHEELS OF TOMORROW
GREEN AND STYLISH {page 5}

WINNIPEG metro®

September 20, 2031
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News worth sharing.

DAVID VAN DYKE/PHOTO ILLUSTRATION/FOTOSEARCH.COM

Drawing the future

Youth of today are in control of what their lives will look like in 2031 Metro teams up with a group of young writers to get a glimpse of what the future holds

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CDI College is Part of the Largest Post-Secondary Initiative in North America to Introduce iPads in the Classroom

This fall, new students at CDI College can cross textbook shopping off of their back-to-school lists. Starting September 1, 2011 approximately 1,000 incoming students will be part of the largest post-secondary initiative in North America to receive Apple iPads in the classroom as their primary learning tool. Over the next year more than 6,000 new students will be part of this iPad initiative.

"Our students will have an opportunity to take their post-secondary learning experience to a new level. The iPad holds each student's textbooks, learning tools and assignment work in one portable device. No matter what program our students are enrolled in, ranging from business to healthcare to technology, they will find iPads in the classroom a more interactive and enriching experience," says Randy Cox, President of CDI College.

Weighing a mere 1.3 pounds, the iPad tablet will be preloaded with Pearson's eText for iPad platform, Pearson's premier electronic textbook technology. Students can now view their eTextbooks in high resolution on the iPad, no longer having to carry heavy textbooks to school. The iPads have been designed with environmental and health benefits in mind for students, including a mercury-free LED-backlit display and an arsenic-free display glass. Studying and reading on the iPad also reduces the amount of paper used and money spent on printed textbooks over the course of an academic program.

The iPad features capabilities for taking notes, highlighting text, bookmarking pages, and conducting research through an Internet connection, changing the way students learn and interact in the classroom. The iPad touch screen is easy to use, with functions for zooming into text and images or flipping through pages by swiping your finger across the screen.

"As iPads make their way into the workforce as preferred devices over laptops and smart phones, our students will develop advanced skills in navigating the tablet programs and functions, giving them the knowledge and tools to excel in their future careers," says Dr. Bohdan Bilan, VP of Academics for CDI College.

CDI college
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Born to be … anyone you want

Did you want to be an athlete or a rock star? Genetics screening will help detect predispositions toward certain skills, strengths and attributes

Ever wonder what you were born to be? The next Katy Perry? Or Sidney Crosby? Well, 20 years from now, you won't be wondering — you'll know.

Here's how: Genetic screening in early childhood will detect specific genes that offer a predisposition to certain skills, allowing parents to direct their children toward careers that they were just born to have.

"There are already options available to test for things like traits," said Jill Davies, director of genetics at Medcan Clinic in Toronto. "You can predict what a person's eye colour will be, or whether they're going to be sprint runners."

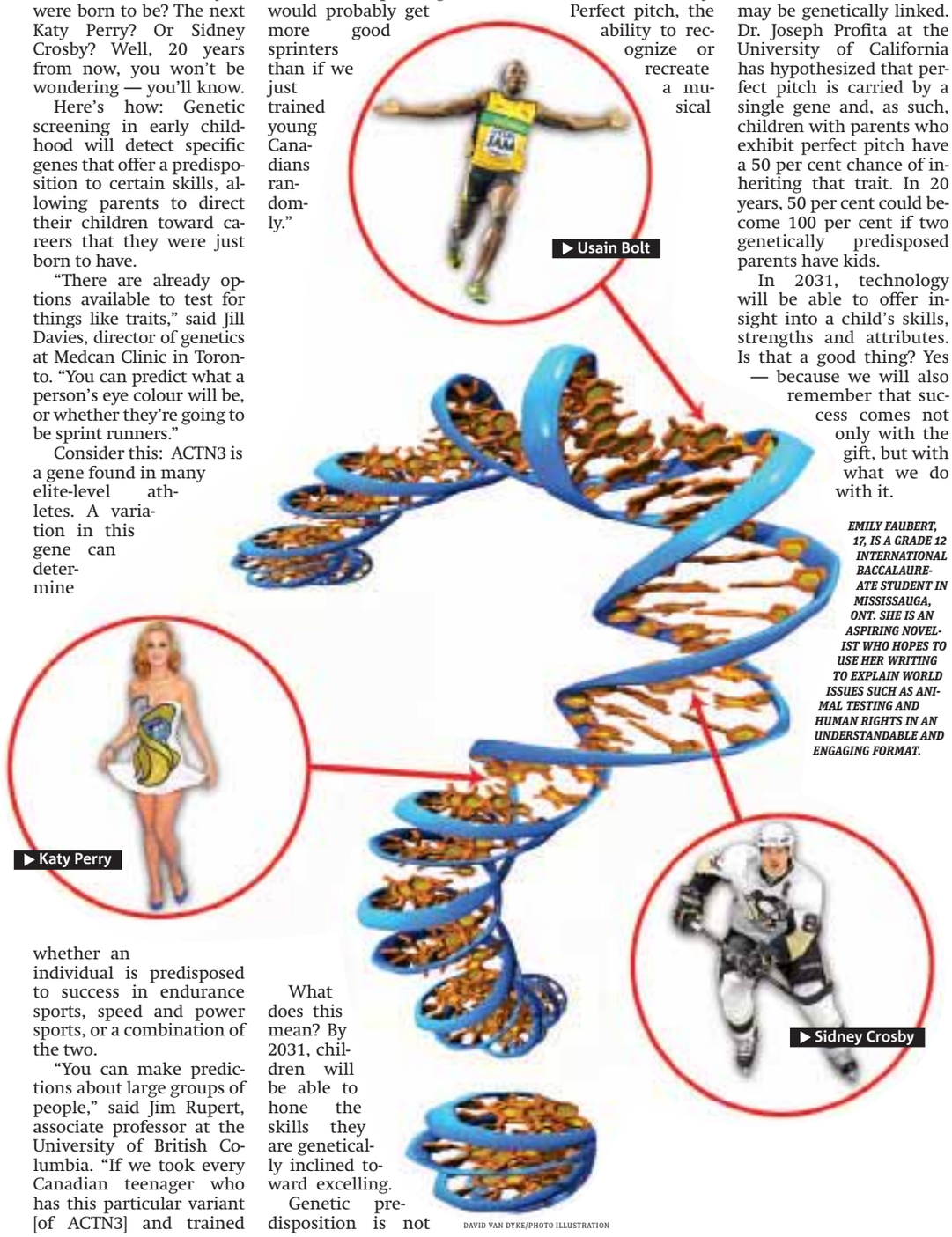
Consider this: ACTN3 is a gene found in many elite-level athletes. A variation in this gene can determine whether an individual is predisposed to success in endurance sports, speed and power sports, or a combination of the two.

"You can make predictions about large groups of people," said Jim Rupert, associate professor at the University of British Columbia. "If we took every Canadian teenager who has this particular variant [of ACTN3] and trained them all for sprinting, we would probably get more good sprinters than if we just trained young Canadians randomly."

What does this mean? By 2031, children will be able to hone the skills they are genetically inclined toward excelling.

Genetic predisposition is not limited to athletic ability. Perfect pitch, the ability to recognize or recreate a musical note, is another trait that may be genetically linked. Dr. Joseph Profita at the University of California has hypothesized that perfect pitch is carried by a single gene and, as such, children with parents who exhibit perfect pitch have a 50 per cent chance of inheriting that trait. In 20 years, 50 per cent could become 100 per cent if two genetically predisposed parents have kids.

In 2031, technology will be able to offer insight into a child's skills, strengths and attributes. Is that a good thing? Yes — because we will also remember that success comes not only with the gift, but with what we do with it.



DAVID VAN DYKE/PHOTO ILLUSTRATION

EMILY FAUBERT, 17, IS A GRADE 12 INTERNATIONAL BACCALAUREATE STUDENT IN MISSISSAUGA, ONT. SHE IS AN ASPIRING NOVELIST WHO HOPES TO USE HER WRITING TO EXPLAIN WORLD ISSUES SUCH AS ANIMAL TESTING AND HUMAN RIGHTS IN AN UNDERSTANDABLE AND ENGAGING FORMAT.

EDITOR'S NOTE

Welcome to 2031!

We have seen the future — and we want to share it with you.

Metro's Future Daily began with a simple idea. What will Canada and the world look like 20 years from now? When we reached out to our network of young writers, the response was overwhelming. Story ideas ranged from technology, education and science to the future of media, the environment, fashion and food.

With so many incredible ideas, the scope of the project doubled and the issue began to take shape. We wanted it to be innovative, creative and cutting edge. We found ourselves working with a diverse lineup. It seemed that our writers wanted to focus on issues that reflected their passion, and not just their creativity. So began our summer project…

The stories you will read here reflect the vision of young people across Canada. There is something here for everyone. If you are a businessperson, you may find it interesting to read Tarini Chandak's vision for a mainstream business model based on social entrepreneurship.

Flip the pages to discover what foods we will be eating in 2031 and how we will conserve our planet's water supply. Explore crowd-accelerated innovation with Selin Jessa, as she delves into the theory behind the online video movement.

Want to know whether your children and grandchildren can be superkids? Read Emily Faubert's vision for genetic predetermination. And there's more…

We, young writers and dreamers of this age, have tapped into our limitless optimism to compile this issue to bring you our vision of an alternate future — a future that is free of apathy and band-aid solutions.

Let us all take a step toward that sustainable future. Here's to piloting the next 20 years and beyond!

The Editorial Team

THE FUTURE DAILY EDITORIAL TEAM, LED BY FREE THE CHILDREN STAFF, IS COMPOSED OF FIVE YOUNG, ASPIRING JOURNALISTS WHO ARE PART OF THE JUNIOR JOURNALISM PROGRAM RUN BY FREE THE CHILDREN.

"By 2031 I would love to see a cure for most if not all of the world's terminal illnesses. I would also love to see a world where every human being is treated equally and can equally access and enjoy the resources of the world."

SHAWN DESMAN,
JUNO AWARD-WINNING CANADIAN POP ICON AND PRODUCER

"By 2031, I'd like to see the gap between rich and poor narrow significantly. Whether on an individual, local or international level, it is such an obvious issue that I think the world must deal with (it)."

AISLINN PAUL
ACTRESS, DEGRASSI

The news is...in your head?

The newspaper you are holding in your hand, the news networks we watch after coming home from dinner — these are our windows to the rest of the world. But by 2031, innovations in technology could change the window we look through and even ourselves.

ISTOCK

▶ Head implants will receive the news in 2031.

Social media: Delivering your news in 2031

Social media will be at the forefront of news delivery in 20 years. Unfiltered, first-hand perspectives from real-life people will be the order of the day.

Imagine checking Facebook or Twitter and hearing stories from soldiers on the front line in real time, or from aid workers at the scene of a tsunami.

With such profound changes, the ethics of news reporting will undoubtedly be altered. According to Bryan Orend, a philosophy professor at the University of Waterloo in Ontario, "confirmed selection bias would worsen if you were to get your news from social media... groups of friends telling each other things they all want to hear, confirming pre-existing beliefs." So while social media will expand our horizons, it may also end up polarizing in its reach.

News microplants in your ear? Yes, please

What if we went beyond changing the news, and changed ourselves? What if we could biologically remodel our brains in order to get real-time updates? Some people may no longer be content with a BlackBerry. They may want micro-chips installed in their heads instead.

Alan Lacopi, the operations director for the Queensland Micro and Nanotechnology Centre, said such innovations are possible. While receiving images in the brain may be a long way off, in 20 years Lacopi suggests that this will be the norm.

While this technology is possible, some argue that it is not worth the risk. Professor Paul Yager, chair of the Department of Bioengineering for the University of Washington, argues that "we've developed a technology (the smartphone) that makes the risks unnecessary," at least for an able-bodied person.

HOWARD LEUNG IS A UNIVERSITY STUDENT STUDYING ACCOUNTING. HE IS INTERESTED IN GLOBAL AND LOCAL ISSUES.

Vehicle operates on both solar power and electric charge.
Solar panels store electric power in batteries underneath the vehicle.
Body panels of the vehicle are made of recycled metals and plastics.
Front and rear wheels can move in close together, creating a tighter turning circle.
Shorter wheelbase makes it easier to park and more "nimble" in city driving.
Wheels turn on individual motors, resulting in more control.
Built-in suspension design reduces tire rubber and metal manufacturing.

We've Got High Hopes!
In fact, 65% of Metropolitan Panel members believe we'll be scheduling holidays on the moon 20 years from now!*
Our optimistic panelists think that round-the-world trips above the atmosphere, space station resorts, and dinner by moonlight – on the moon, aren't too far away.
* Metropolitan Panel; Travel Survey - August 2011
Departures 2031
Time To Flight no. Gate
09:35 NEW YORK DF2753 A1
09:40 FRANKFURT LN3211 C3
09:45 TORONTO GT4638 A2
09:45 LONDON KV3323 B4
09:50 MIAMI LX3100 A2
09:55 THE MOON LV2317 A5
10:00 PARIS BD9032 B1
10:00 MARS FB5610 C4
10:05 HONG KONG EN4267 A4
10:10 BARCELONA GC5433 C1
10:15 TOKYO LY4488 B2
10:20 MOSCOW KF3280 B4
10:25 ZURICH TK7252 A4
10:30 LOS ANGELES TK3946 A1
10:35 ROME RZ1408 B3
10:40 HONOLULU EK4319 A1
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MATTHEW LAW

The car of tomorrow

Imagine a vehicle that not only operates on electric power, but one that uses solar energy and recycled materials to save energy — and the planet

The automobile of 2031 can seat one to two passengers, depending on the model. Instead of gasoline, this vehicle operates on electric power, which is obtained through the solar panel roof and electric charge (power outlets).

As the car is running, the power charged from the solar panel is stored in battery cells underneath the driver's seat and vehicle.

All of the interior, exterior body panels and covers are made from recycled metals and plastics (to reduce manufacturing new resources and materials). And all panels are painted with biodegradable paints instead of toxic chemicals. Large windows give the driver more natural light for better visibility and reduced blind spots.

Each wheel runs on its own individual motor, resulting in more power and traction. The new suspension and wheel design is much simpler, making it easier to repair, fix and find replacement parts.

Instead of using air-filled tubes, the individual suspensions (positioned in six, similar to spokes) act as the rubber cushioning. The wheels maintain the same shock absorption as standard suspensions while eliminating the chance of rubber tire failures.

Also, the new wheel design further reduces toxic pollution created from manufacturing tire rubber.

One of the most unique features of this vehicle is its capability to have the front and rear wheels fold in together. As the wheels move in, the wheelbase shortens, making it easier to turn around, make u-turns or park in tight areas (such as downtown districts, parking lots and sidestreets).

Strips of LED lights are placed on the front and rear wheel covers for better visibility, while using less power and creating less heat.

MATTHEW LAW IS A TORONTO-BASED DESIGNER AND COMMERCIAL PHOTOGRAPHER. HE IS IN HIS LAST YEAR OF STUDIES AT HUMBER COLLEGE IN THE TRANSPORTATION/INDUSTRIAL DESIGN PROGRAM. HE SPECIALIZES IN AUTOMOTIVE AFTERMARKET AND CONCEPT DESIGN. VISIT HIS WEBSITE AND PORTFOLIO AT MATTHEWLAW.CA.

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Finding a life on Mars

Moving to Mars means we could continue our patterns of unsustainable living ◐ We just need a replacement planet ◐ Venus also has potential

▶ Mars has a rich environment of carbon dioxide that could be developed into an atmosphere suitable for humans.

It's a sad day when pollution is so heavy the air tastes like dirt. All the while, icebergs are melting, cities are flooding and forests are being destroyed.

The world's population is using 20 per cent more natural resources than the Earth can produce and there is an ever-increasing population and ever-decreasing food supply. What the world needs is a fair, cheap and easy solution.

I shall therefore humbly propose my own thoughts. I have been assured by a reliable Internet blog that there is a great opportunity to colonize Mars. It has a rich environment of carbon dioxide that could be developed into an atmosphere suitable for humans.

Therefore, I propose that mankind move to Mars and leave Earth to become a desolate wasteland. Mars is approximately half the size of Earth so only half the population should be permitted to move to Mars. Immigrants will be selected based on a key criteria — those who have leading roles in society (celebrities, corporate leaders and politicians).

There is a dual purpose in sending these people to Mars. It is well known that governing bodies control action taken toward climate change and many corporations are the leading cause of pollution. If these people are sent to Mars, the degradation of Earth will be slowed down so a few more generations can live a quiet existence.

Don't mention other solutions — of cutting consumption, of green transportation and of sustainable living — until there is any glimmer of hope that people will make a sincere attempt to put them into practice.

"Don't mention other solutions until there is any glimmer of hope that people will make a sincere attempt to put them into practice."

Before any counter-proposals, consider these two points: Those who have the power to influence change are not creating policies to divert from our current path. Secondly, those who have the financial means to invest in real solutions have more to lose so are apt to continue their ways.

Moving to Mars would mean mankind wouldn't need to learn a lesson from the wasteland formerly known as Earth — we just need to start searching for another replacement planet. I have heard that Venus also has great potential. Citizens could continue in their patterns of unsustainable living without concern for the future, continuing to think short term, living in their oversized homes and driving SUVs.

Author's note: This piece has been inspired by Jonathan Swift's A Modest Proposal, in which he satirically proposes children be used for red meat to end Ireland's economic woes.

CHRISTINA FRANC, 21, HAS A BACHELOR'S DEGREE IN JOURNALISM FROM CARLETON UNIVERSITY.

Looking ahead

Michel Chikwanine
SPEAKER, ME TO WE
"I envision that by the year 2031, the world will have met the United Nations Millennium Development Goals. In 2031, every girl around the world will get to go to school."

Craig Kielburger
FOUNDER, FREE THE CHILDREN
"By 2031, I envision a world in which apathy is no longer an issue. Young people will have the passion and creativity to change the world … they will be empowered on the world stage and treated as equals."

The future isn't so scary

Hollywood imagines this generation's future as a science experiment with apocalyptic results, but author Mark Stevenson insists it doesn't have to be that scary.

Stevenson spent a year travelling the globe asking scientists and philosophers what's next for us. He synthesized the answers in his book, An Optimist's Tour of the Future. It is being turned into a TV series and a Hollywood movie.

SUBMITTED

▶ Author Mark Stevenson

What are your goals for the book?
I wanted to write about the scientific horizon for a wide audience because there's a revolution coming and more of us should be informed.

Did you write from an optimist's perspective?
"Optimist" appeared in the title because I saw so many interesting possibilities, and my agent said I'd sell more copies. I am not saying the future will be better — I am saying it could be, so I'm a possiblist.

What will be the most interesting scientific innovations?
To quote William Gibson: "The future is here. It's just not widely distributed yet." So, synthetic biology is already in use. If you're diabetic, it's almost certain your insulin supply is produced by E. coli bacteria whose genome has been tinkered with. The list of nanotechnology-based products already available includes microprocessors, cleaning products, toothpaste, pregnancy tests, stain-resistant clothing, and — it seems to me — a disproportionate number of hair-straightening devices.

As we speed into the future, what's core to being human?
Talking about technology makes people quite scared, but advancement is a whole-hearted expression of our humanity — it's what distinguishes us from other species. No other animal does this. There isn't a bunch of dogs putting together an equivalent of your newspaper and no dogs will read it.

These innovations will come to be because that's what human beings do. Hoping to roll back the march of human culture is about as pointless as trying to reconstruct the frog your younger brother just put in the blender.

Are information technologies useful or just overloading us?
It's up to us how we use technology. If you have mass access you must employ mass-filtering. To make decisions we have machines to mine information and get a much clearer picture.

You investigated solar energy and on your trip carried a solar-panel bag. Is that the future of fashion accessories?
It does get a lot of comments. Ironically, the battery is broken but the panel still works so the new technology is outlasting the old. By 2020 even solar pessimists believe people will be choosing solar because it's economic rather than green. Regardless of your opinion on climate change, energy independence is better than relying on oil and the few countries who export it.

SARA FRIZZELL IS A THIRD-YEAR STUDENT MAJORING IN JOURNALISM AT CARLETON UNIVERSITY.

DAVID VAN DYKE/PHOTO ILLUSTRATION

Pills on the menu

Since the complete breakdown of the Earth's ecosystem, solid, chewable food has ceased to exist. Fortunately, at Pill World, our scientists have been hard at work replicating the main ingredients in the most popular dishes from 20 years ago and distilling their flavours into delicious pills.

While the average 2011 diet consisted of a variety of fresh and processed foods, massive leaps in agricultural technology led to global use of genetically modified foods. After a series of natural disasters in 2012, the world's supply of sustainable foods was virtually wiped out. Meanwhile, prices for remaining foods have doubled, as Oxfam predicted back in 2011. Pill World was born — universally accessible, eco-friendly and affordable. Bon appetit!

Appetizers

• Pile o' Chicken Wing Pills: This smoky, saucy flavour will make you feel like you're eating a whole stack of juicy chicken wings from the rare North American chicken.

• Chicken Quesapilla: The quesadilla was a cheesy, meaty Tex Mex dish mostly served in dive bars in neither Texas nor Mexico.

• Tossed Pill Salad: Distilled from only the freshest remaining vegetables on the planet — tomatoes, spinach and a lot of other "green" things charred beyond recognition.

Speciality Drinks

• Pill and Tonic*
• Vodka, Cran and Pill*
• Whiskey Sour Pill*

*Please note that pills only contain the flavour of alcohol and not the intoxicating properties. All of the fun of drinking without any of the consequences!

DAVID VAN DYKE/ PHOTO ILLUSTRATION

Le menu at Pill World — bon appetit!

Entrees

• Pasta Pillmavera: The taste of spring veggies, pasta and sauce in one smooth, mess-free capsule.

• Cheeseburger Pill-stravaganza: A primitive sandwich made of meat, bread and cheese. We think you'll find our cheeseburger-flavoured capsules more delicious, nutritious and satisfying.

• Braized Chicken Breast with Caramelized Onions and a Red Wine Reduction: The pill is an improvement!

Desserts

• Chocolate Mousse Pill-splosion: The real version would have made you fat. We're doing you a favour.

• Apple Pie à la Pill: Just like your mom's apple pie, except more pill-shaped.

MICHELLE BLANCHARD IS A FOURTH-YEAR JOURNALISM STUDENT AT CARLETON UNIVERSITY.

Conserving Canada's 'liquid gold'

Water is one of the world's most precious resources, and although Canada seems to have plenty of lakes and rivers, we need to be just as careful as every other country in conserving our share of this fast-depleting "liquid gold."

Bob Sandford, an adviser to the Rosenberg International Forum on Water Policy, said Canadians are among the world's greatest water wasters and polluters — second only to Americans in per capita water use. Although we know we need to protect it, water remains one of our most undervalued resources.

Andre St Hilaire, member of the Canadian Water Resources Association, said it's important to make conservation efforts on an individual and national level. If we don't take the time to conserve water now, by 2031 we may be making some of these more drastic lifestyle changes:

Everyone will have to become vegetarian.
The amount of water it takes to raise animals for food is extraordinarily high compared to what it takes to grow food sources like vegetables, soy protein and rice. While a pound of beef requires about 2,500 gallons of water, a pound of soy only needs 250 to grow.

Turfgrass will be eliminated.
Turfgrass (which covers the lawns of thousands of homes in Canada) is potentially the single biggest waste of fresh water in Canada and the U.S. Indeed, a massive 30 per cent of the available drinking water in America goes to feeding turfgrass (a plant that isn't a food source).

The population will have to shift north.
While Canada is perceived to be a water-rich country, almost all the available fresh water we have is directed north while the majority of the population is in the south. In order to make the most of the fresh water we have, people are going to have to head up to the territories along with the water.

No more plumbing.
Toilets, showers, baths, dishwashers and laundry machines are some of the biggest drains on the world's fresh water resources. In order to conserve water, all this activity will have to take place without the use of plumbing — through septic tanks, sponge baths and cycling water.

EMILY RACK, 21, IS A FOURTH-YEAR JOURNALISM STUDENT AT CARLETON UNIVERSITY.

DAVID VAN DYKE/PHOTO ILLUSTRATION

▶ The Toronto waterfront if water conservation efforts fail.

Smaller families

- **With the projected 2050 population** at 9.5 billion, there won't be enough water to sustain the world's population if people keep reproducing at their current level.
- **The environmental adviser** to the British government has suggested that families with more than two children are putting an unbearable burden on the Earth. With only one- or two-child families, the world's water supply will last much longer.

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